

Knowledge Organiser - Gymnastics Year

1

Ladder
Knowledge



Shapes:

You can improve your shapes by extending parts of your body.

Balances:

Balances should be held for 5 seconds.

Rolls:

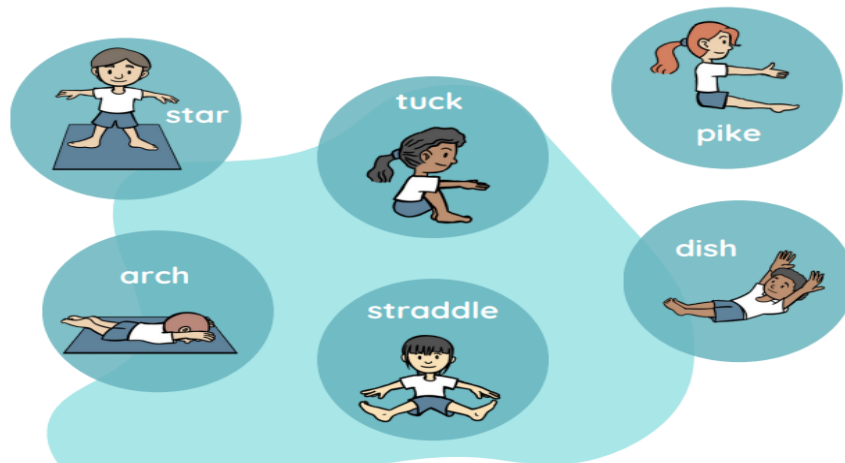
You can use different shapes to roll.

Jumps:

Landing on the ball of your feet helps you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.



Key Vocabulary

action	jump	speed
balance	level	squeeze
control	point	star
direction	roll	straight
	shape	travel

Key Skills and Knowledge

Agility Moving the body from one position to another (changing direction). Start/stop on command, maintaining balance

Balance Centre of gravity over the base of support. Linking & mirroring with another person.

Co-ordination Synchronising limbs when performing an action.

Sequencing: Connecting Movements– thinking about level and direction.

Working together: Unison – Everyone in the group moving in the same way at the same time. Mirroring & Matching – Making shapes as if in a mirror

Locomotion: Pathways – forwards, backwards, sideways, and diagonally.

Turn – change direction. **Shape**– movement of the body to create a shape (pike, straddle, star, straight, tuck).

Rotation: Spin – turn on the spot using different levels (pivot and seated) **Roll** – use log roll, egg roll and teddy bear roll

Jump – straight and star with safe landing **Apparatus:** Small – using objects when moving and balancing Large – jump off low platforms